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Nebulizing Hydrogen Peroxide for Respiratory Health

by DR. JOCKERS | comments 239 | shares 44K

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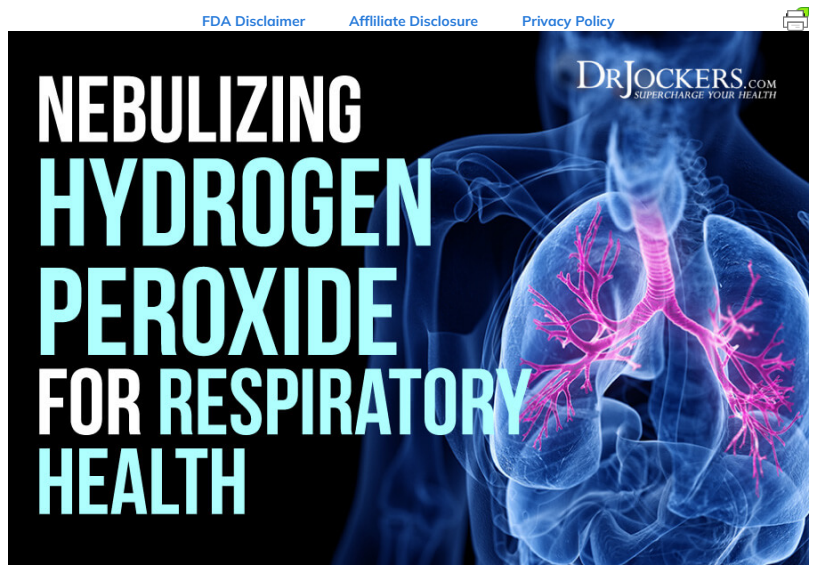
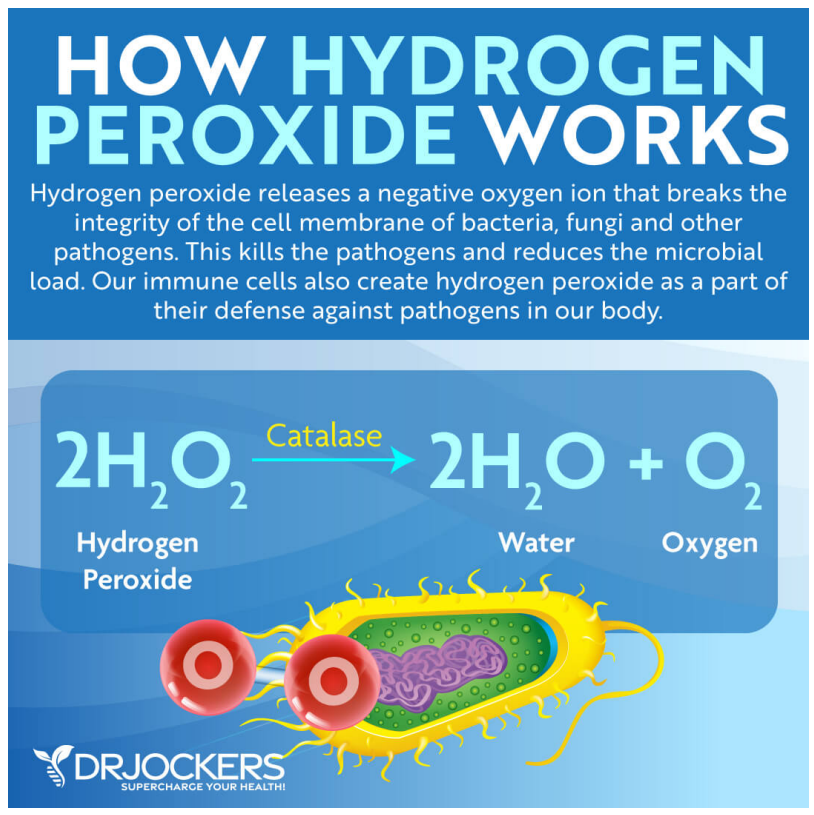


Nebulizing Hydrogen Peroxide for Respiratory Health

Hydrogen peroxide is an antiseptic agent that is used to fight pathogens. Increasing evidence suggests that it may be beneficial for your respiratory health when nebulized. Nebulizing changes medications or other therapeutic agents from liquid to mist. Inhaling hydrogen peroxide through a nebulizer may help you improve your respiratory system and regain your health quicker if you are feeling unwell.

In this article, you will learn what nebulizing is. You will learn what hydrogen peroxide is and its uses. I will discuss how functional medicine doctors are using nebulized hydrogen peroxide. You will learn about the benefits of nebulizing hydrogen peroxide.

I will discuss several scientific studies on the benefits of nebulizing hydrogen peroxide. You will learn the steps of how to use nebulized hydrogen peroxide. I will also share some additional options for nebulizing, including the Brownstein protocol, nebulizing silver, and nebulizing glutathione.

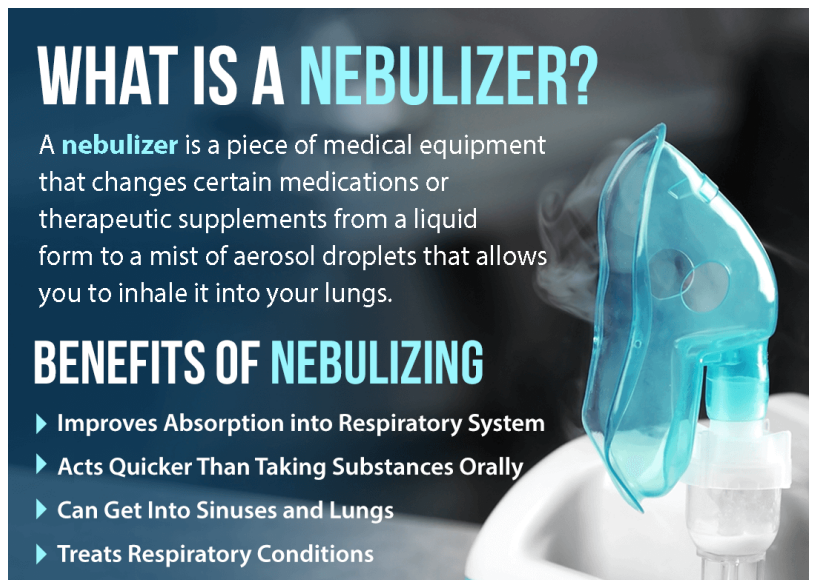


What is Nebulizing?

A nebulizer is a piece of medical equipment that changes certain medications or therapeutic supplements from a liquid form to a mist, allowing you to inhale it into your lungs. Nebulizing helps to quickly administer the medication or supplement directly into your lungs. Nebulizers have a mouthpiece or face mask to put over your face to inhale the mist through it. The therapeutic agent then goes straight into your respiratory system and lungs—exactly where you need it to take effect.

Nebulizers are often recommended for people with asthma or other respiratory issues. They may be used for acute respiratory infections. As you will learn from this article, nebulizing with hydrogen peroxide is a safe way to naturally support your health if you have a respiratory infection.

Nebulizers are highly affordable. Home nebulizers start at around $50. They are typically large and must be plugged into an electrical outlet. Portable nebulizers are slightly more expensive, but because they are small and battery-powered, they are an excellent option for folks with a busy lifestyle.



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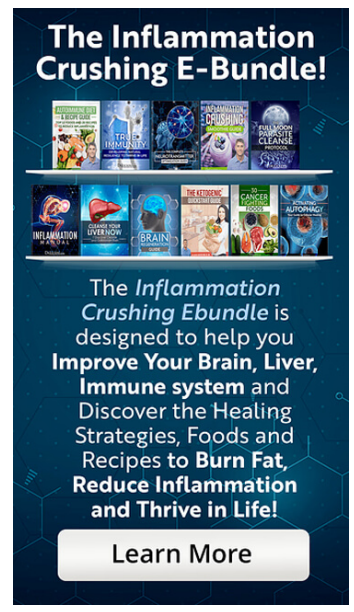


What is Hydrogen Peroxide?

Hydrogen peroxide (H2O2) is a mild antiseptic agent that is made up of two hydrogen atoms and two oxygen atoms. Hydrogen peroxide releases oxygen when applied to affected areas, which causes foaming action. This is because the blood and most living cells contain the enzyme catalase, which attacks hydrogen peroxide and converts it into water (H20) and oxygen (O2).

The oxygen free radicals have a negative charge that interacts with pathogens and damages their cell walls. This helps to destroy bacteria, clean areas, and remove dead skin cells. Your white blood cells make and use hydrogen peroxide to fight bacteria, viruses, **fungi**, and other pathogens.

Hydrogen peroxide has long been used as an accepted, safe, and affordable disinfectant for surfaces, cuts, scrapes, burns, and minor wounds. It may also be beneficial as a mouth rinse that helps to relieve canker sores, gingivitis, and other minor mouth irritations, and reduce mucus. Furthermore, hydrogen peroxide may be beneficial for your sinus-, lung-, and overall respiratory health.

It turns out that the friendly bacteria in the mucous membranes of your lungs, sinuses, nose, mouth, digestive system, and urinary tract thrive in environments that are rich in oxygen. Hydrogen peroxide is very high in oxygen which may help these friendly bacteria thrive, but harmful pathogens die.

***Hidden Epidemic*,** a book by Dr. Thomas Levy published by *MedFox Publishing* in 2017, discusses the role of hydrogen peroxide in acute viral respiratory infections **(1)**. Following the infection, your oral and nasal cavities stay in a low-grade infectious state with a biofilm of disease-causing colonies of viruses.

As a result, they may persist chronically in your oral cavity, such as your tonsils. As pathogens get swallowed, the ongoing infection may also compromise the health of your gut, **teeth**, and gums. This may lead to ongoing oxidative stress in your gut and leaky gut syndrome. Dr. Levy argues that nebulizing hydrogen may be a way to tackle these infections.

Doctors Using Nebulized Hydrogen Peroxide

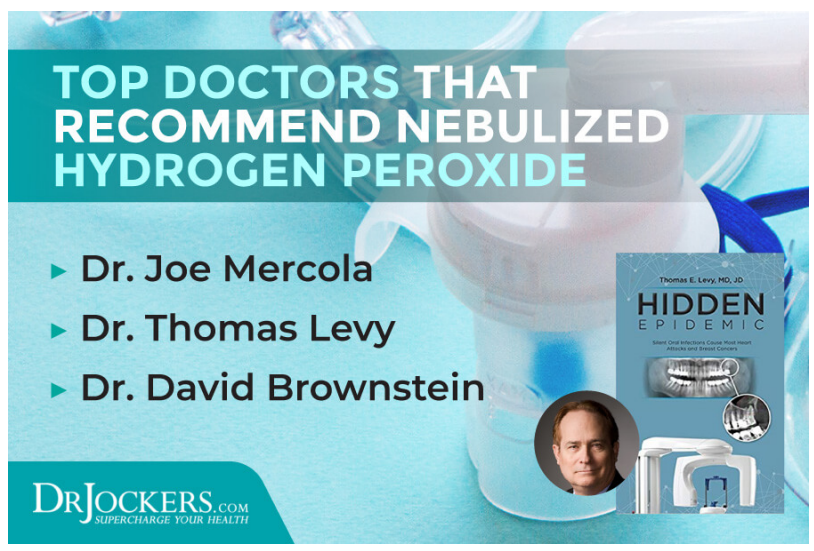
As prescription medications became more popular, the interest in the benefit of hydrogen peroxide declined in the 1940s. However, recently, there has been increased attention to hydrogen peroxide and nebulizing with hydrogen peroxide. Many functional medicine doctors, including Dr. Levy and Dr. Mercola, have been recommending nebulizing hydrogen peroxide.

Dr. Mercola recommends starting nebulizing with hydrogen peroxide the same day as you notice a respiratory infection coming on **(2)**. He believes that nebulizing with hydrogen peroxide can be an effective mono treatment. However, adding vitamin D, **zinc**, and quercetin may be highly beneficial.

Nebulizing H202 loses its effectiveness as the respiratory infection gets worse so it is important to focus early on and do it for 5–15 minutes at a time every waking hour. After you feel better, you can do it every 4–6 hours until you feel close to 100%. The goal is to stop the virus before it gets deep into the lungs where it causes severe inflammation and can progress to serious illness.

Dr. Levy has written extensively, including in his book, about nebulizing hydrogen peroxide for respiratory issues **(3)**. He explains that nebulizing hydrogen peroxide may help to break down and inactivate viruses. He recommends daily treatments several times a day until a few days after you feel completely normal. He believes that nebulizing hydrogen peroxide may also be a great preventative strategy.

Dr. David Brownstein also recommends nebulizing with hydrogen peroxide in a scientific article published by the *Institute for Pure and Applied Knowledge (IPAK), Public Health Policy Inititiative (PHPI)* in 2020 **(4)**. According to this observational case series, nebulizing a hydrogen peroxide/saline mix with Lugol's iodine seemed effective for respiratory infections. In this case series, patients received individualized treatment, and some were treated with intravenous hydrogen peroxide, vitamin C solutions, and/or intramuscular ozone.



Health Benefits of Nebulized Hydrogen Peroxide

Nebulizing hydrogen peroxide may offer a number of health benefits, including respiratory, oral, and digestive health.

Improved Respiratory Health

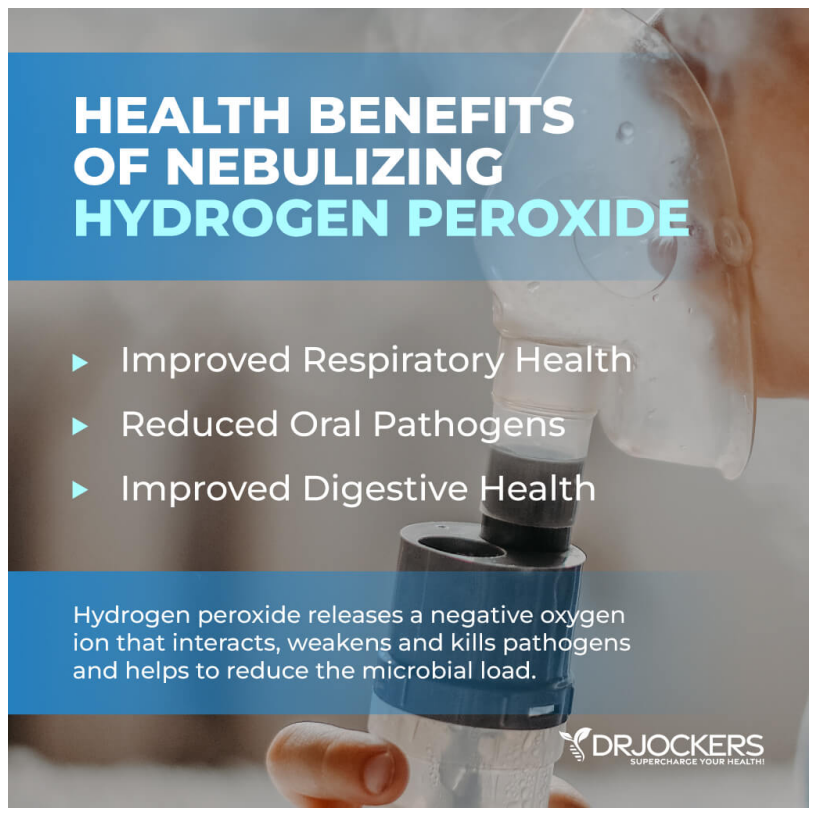
One of the main benefits of nebulizing hydrogen peroxides is improved respiratory health. A 1996 study published in *Respiratory Medicine* found that nebulizing may be an effective therapy for respiratory and lung health **(5)**. A 2020 review published in *Medical Hypothesis* found that hydrogen peroxide may be beneficial for viral infections **(6)**.

Reduced Oral Pathogens

Nebulizing hydrogen peroxide may also help to reduce oral pathogens. A 1995 review published in the *Journal of Periodontology* found that hydrogen peroxide may help to reduce plaque and gingivitis **(7)**. A 2016 study published in the *Journal of International Society of Preventative and Community Dentistry* found that hydrogen peroxide may help to reduce gingivitis in periodontist patients **(8)**.

Improved Digestive Health

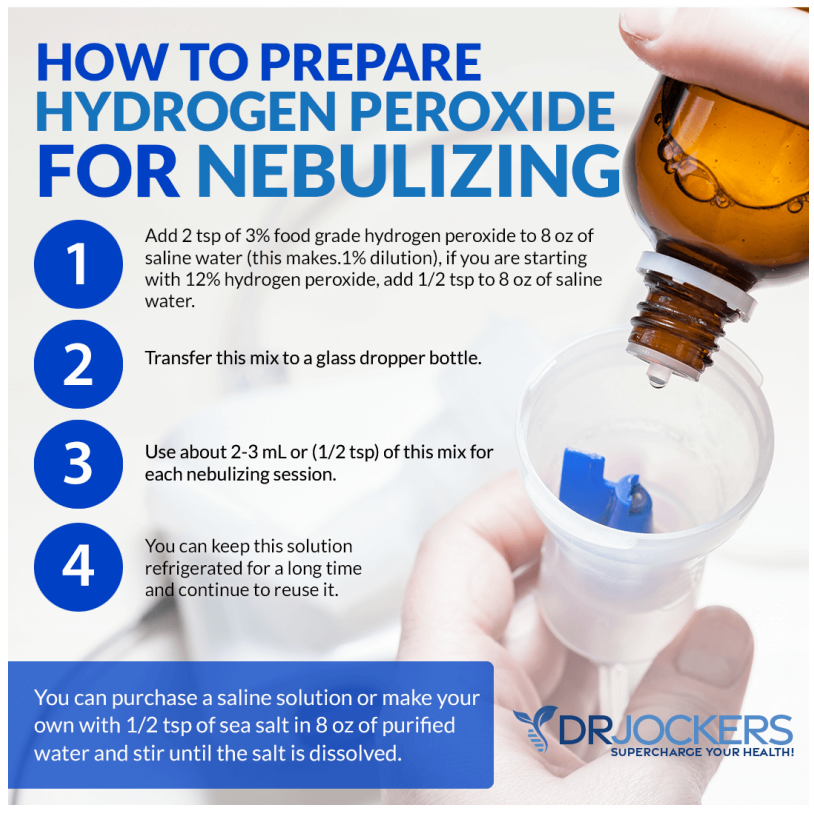
Hydrogen peroxide may also benefit your digestive health. A 2017 study published in *Gut Microbes* found that hydrogen peroxide may help to control pathogens in the intestinal mucosa **(9)**. A 2020 study published in *Cell Host & Microbe* also found that hydrogen peroxide may help to reduce the microbial load in the gut **(10)**.



Studies on Nebulized Hydrogen Peroxide

There have been a number of recent studies on the potential benefits of nebulized hydrogen peroxide. A 2016 study published in *Food and Environmental Virology* found that nebulizing hydrogen peroxide may be beneficial for various respiratory infections **(11)**. A 2020 review published in *Medical Hypothesis* found that hydrogen peroxide may be helpful for viral infections **(6)**.

According to a 2020 article published in *Infection Control and Hospital Epidemiology* said that using nebulized hydrogen peroxide may help to reduce the hospitalization rate related to respiratory infections **(12)**. A 2021 case series published in *Evidence-Based Complementary and Alternative Medicine* found that nebulizing hydrogen peroxide may be a beneficial option for respiratory infections **(13)**.



How to Use Nebulized Hydrogen Peroxide

To get started with nebulizing with hydrogen peroxide, I recommend **this Desktop Nebulizer**. It's important that you always use food-grade hydrogen peroxide. I recommend this **Essential Oxygen Food Grade Natural Hydrogen Peroxide**.

I recommend you make your own saline solution using the following instructions. You may also choose to purchase a quality saline solution, such as this **Saline Solution for Inhalation**, but remember these come in 5mL so you need 47 doses to make it equal to 8 oz. It comes in 100 per box.

How to Make Saline Solution

- Fill up a 8 oz. glass jar with purified water. It's important that you don't use tap water but purified water only.
- Add 1/2 teaspoon of Himalayan Salt, Celtic Salt, or Real Salt.
- Stir to dissolve.

How to Prepare Hydrogen Peroxide for Nebulizing

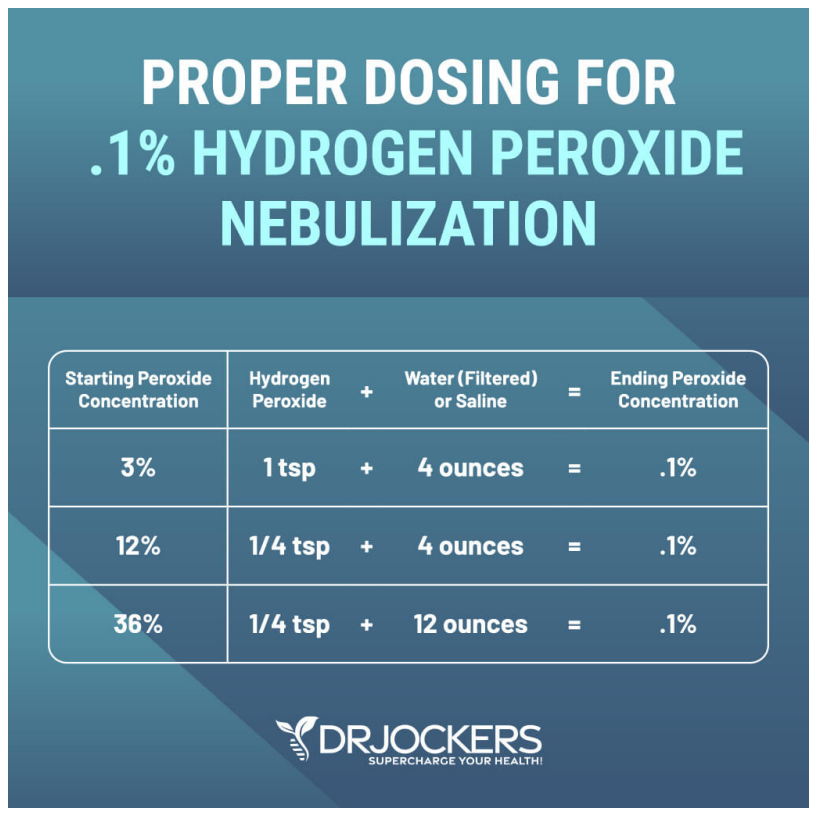
- Add 2 teaspoons of 3% food-grade **hydrogen peroxide** to the 8 oz. saline water you just prepared or 8 oz. of **Saline Solution for Inhalation**. However, if you are starting with 12% hydrogen peroxide, add 1/2 tsp to 8 oz. of saline water
- Transfer this mix to a glass dropper bottle.
- You can keep this solution refrigerated for a long time, so I recommend labeling your bottle or jar.

How to Set Up Your Nebulizer

- I recommend reading the instructions for your nebulizer carefully.
- Connect the tubing to the **nebulizer**.
- Open the nebulizer medicine container and add 5 mL which is 3-4 droppers full or about 1

teaspoon of your hydrogen peroxide and saline solution.
- Put the mask on and breathe in the nebulized hydrogen peroxide solution.

Start nebulizing with hydrogen peroxide as soon as you start feeling unwell. Use it for 5 to 15 minutes every hour until you start feeling better. You may likely feel better within the first day. Once you are better, reduce nebulizing to every four to six hours until a few days after you are completely well.



Additional Options

Besides nebulizing hydrogen peroxide, there are other substances that you may try nebulizing with to support your respiratory health naturally. I recommend the Brownstein protocol, nebulizing silver, and nebulizing glutathione.

Brownstein Protocol

You may benefit from the Brownstein Protocol by Dr. David Brownstein for respiratory health. Dr. David Brownstein also recommends nebulizing with hydrogen peroxide in a scientific article published **(4)**.

In an observational case series by the *Institute for Pure and Applied Knowledge (IPAK), Public Health Policy Inititiative (PHPI)* in 2020, Dr. Brownstein and his team found that nebulizing a hydrogen peroxide/saline mix with 2 drops of 2% **Lugol's iodine**. If you feel fine with that you can increase your dosage to 5–6 drops of the iodine. You do this each time you nebulize.

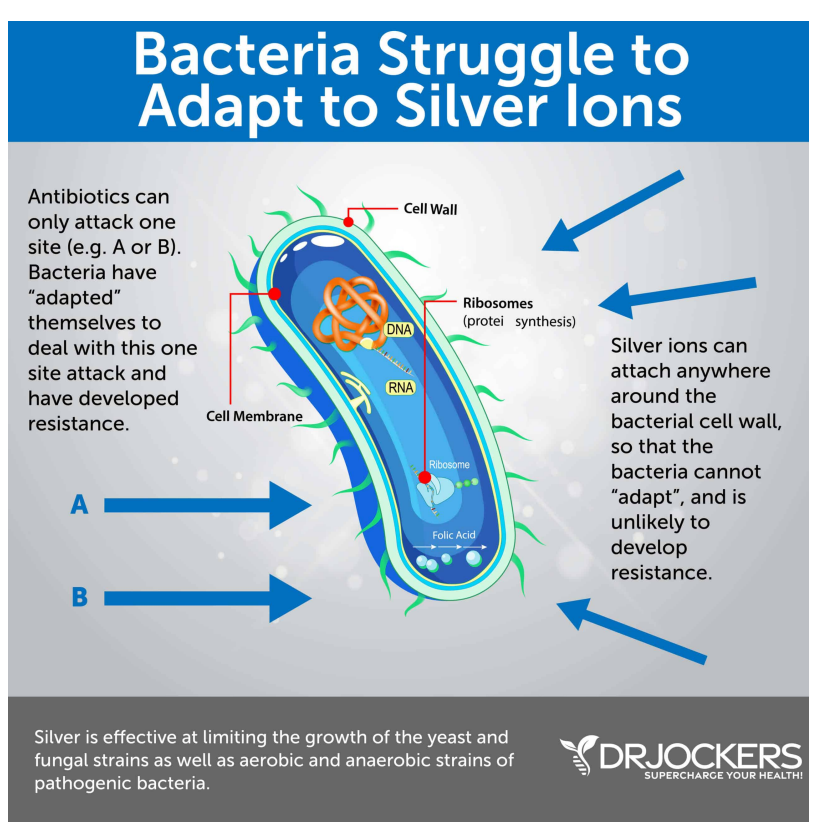
The Lugol's has potassium iodine, and I personally recommend using a pure nascent iodine instead. So, I prefer adding 3–6 drops of nascent iodine such as **Detoxadine** to your hydrogen peroxide solution.

Nebulized Silver

You may also benefit from nebulizing colloidal or nanosilver for respiratory issues. A 2008 study published in the *Journal of Royal Society of Medicine* found that colloidal silver may be beneficial for lung health **(14)**. A 2021 animal study published in the *Journal of Equine Veterinary Science* found that colloidal silver may be helpful for respiratory bacterial infections **(15)**.

Follow these directions for nebulizing with colloidal silver:

- Fill the medicine cup of your nebulizer with a non-diluted nanosilver up to the 2 ml mark. I recommend using **Silver Spray** for nano silver. Avoid using homemade silver as the particles are too large.
- Following the directions of your nebulizer, turn it on, put the mask on, and inhale deeply. Hold it in for a second, then exhale.
- If you have an acute infection, I recommend 6 to 7 minutes 3 to 5 times a day. Use it for about 6 to 7 minutes each session once or twice a day for prevention. If you are using it for lung regeneration, start it with one time a day.



Nebulized Glutathione

You may also benefit from nebulizing with **glutathione** for respiratory health. Glutathione is an antioxidant that can help to reduce cellular damage. A 2000 case report published in *Alternative Medicine Reviews* found that nebulizing glutathione may be helpful for emphysema **(16)**. A 2005 study published in *Free Radical Biology & Medicine* found that nebulizing glutathione may be beneficial for lung health **(17)**.

A 2008 study published in *Evidence-Based Complementary and Alternative Medicine* found that

nebulized or aerosolized glutathione can benefit respiratory and lung problems **(18)**. A 2015 study published in the *Journal of Cystic Fibrosis* found that nebulized glutathione may be beneficial for lung health **(19)**. Glutathione can be especially good for helping to improve chronic lung diseases.

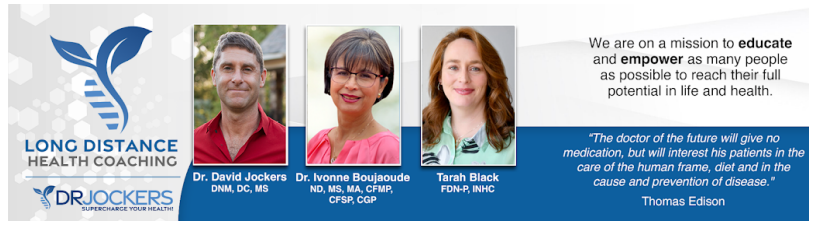
Follow these directions for nebulizing with glutathione:

- Set up your nebulizer according to the directions.
- I recommend using **Reduced L-Glutathione Plus** for nebulizing.
- Break 1 capsule of glutathione open. Pour the contents of the capsule into the medicine cup of your nebulizer. Add about 1 teaspoon or 5 ml of saline solution or pure distilled water. Let it sit for a bit until the solution looks perfectly clear.
- Once ready, put the mouthpiece on and begin inhaling. The treatment of 1 capsule lasts for about 4 minutes.

Final Thoughts

Hydrogen peroxide is an antiseptic agent that may be beneficial for your respiratory health when nebulized. I recommend following my tips for nebulizing hydrogen peroxide to improve your respiratory system and regain your health quicker if you are feeling unwell.

If you want to work with a functional health coach, I recommend **this article** with tips on how to find a great coach. On our website, we offer **long-distance** functional health coaching programs. For further support with your health goals, just reach out—our fantastic coaches are here to support your journey.



Inflammation Crushing Ebundle

The ***Inflammation Crushing Ebundle*** is designed to help you improve your brain, liver, immune system and discover the healing strategies, foods and recipes to burn fat, reduce inflammation and Thrive in Life!

As a doctor of natural medicine, I have spent the past 20 years studying the best healing strategies and worked with hundreds of coaching clients, helping them overcome chronic health conditions and optimize their overall health.

In our **Inflammation Crushing Ebundle**, I have put together my very best strategies to reduce inflammation and optimize your healing potential. Take a look at what you will get inside these valuable guides below!

Sources in This Article Include:

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2. Dr. Mercola. Nebulizing peroxide. Link Here

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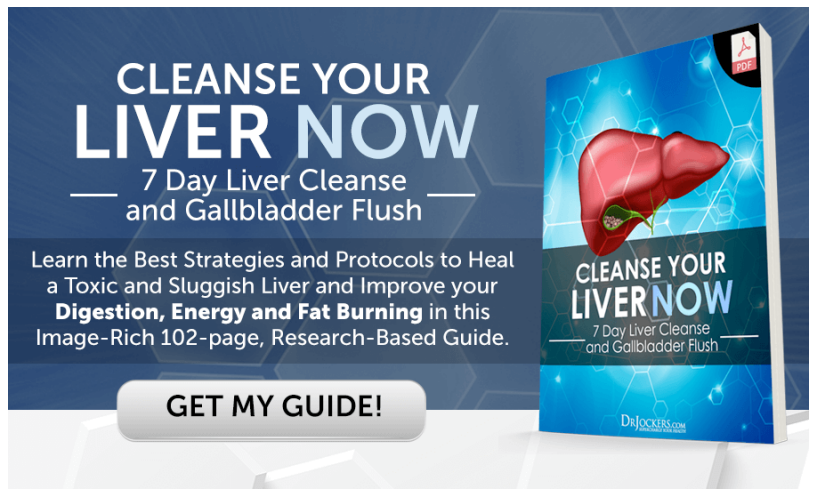

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Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

Categories

Health News | Hot Topics | Immune System | Immune System | respiratory health

Comments

comments

Comments

April
December 14, 2021 at 12:19 pm

Thank you SO VERY MUCH! Finally, an article that explains the directions in plain English….and not just % this and % that, which is hard to understand!! All your articles are so complete that there is no doubt what is being said. Thanks again.

Reply

Dr. Jockers
December 16, 2021 at 2:53 pm

Glad this was so helpful!

Reply

Butler Dana
January 8, 2022 at 12:58 pm

Is this method better than using Brown’s gas? HHO? Thank you

Reply

Dr. Jockers
January 12, 2022 at 9:23 am

Yes it is!

Reply

Kat
May 5, 2022 at 1:09 am

Thank you for all you do. Can you help recommend any Dual Voltage 120V/240V nebulizer as I have not found one on Amazon or anywhere else yet? If I must go another route, are there battery operated ones for travel that would meet desktop effectiveness standards? I hesitated asking you, but I looked many hours and have not found anything in stock meeting those requirements. Many blessings!

suzanne
February 17, 2024 at 3:06 pm

I have been using the electric one for yrs. now. They sale the masks separately (even child-size). Here's a link to the battery one: **https://www.healthproductsforyou.com/p-pari-trek-s-portable-compressor-nebulizer-aerosol-system.html?trk_msg=4FOQDK1EO1PK94CVJMO36IPN0G&trk_contact=KUEJ1PKU60SH9JHNPKABOL26V0&trk_sid=55HR7A2D2GEVK17ELNIQ37E8QG&trk_link=320OUTEARF245639CORKOBJQ98&utm_source=listrak&utm_medium=email&utm_term=Pari+Trek+S+Portable+Compressor+Nebulizer+Aerosol+System&utm_campaign=Sat+Apr+15+Week15+2023+Respiratory+Category+-+Nebulizer+vs.+Inhaler%3a+Which+One+to+Choose%3f&utm_content=Sat+Apr+15+Week15+2023+Respiratory+Category+-+Nebulizer+vs.+Inhaler%3a+Which+One+to+Choose%3f+**

sam
July 1, 2022 at 4:39 am

Thanks great analysis..my whole family has been nebulizing h2o2 for a while now but always found it irritates the throat..it is most likely the sailine solution, is there a solution to this problem. Tnks

Reply

Em
January 7, 2023 at 9:25 am

The seller and maker of blubonic H2O2on Amazon says:
"Only distilled water can be used to dilute. Any other type including purified water contains trace amounts of metal and metal ions which will turn the hydrogen peroxide back into water and oxygen."
~ By Blubonic Industres on February 7, 2019

These metal ions act as catalysts and speed the reaction to produce O2 and H2O.
Saline has Na+ and Cl- in it, the Na+ will be a problem. The Cl- may be as well.

I use distilled for my family, and food grade peroxide.

Reply

Cleo
October 2, 2024 at 5:45 pm

Why is Na a problem?

Laurie Powers
February 1, 2025 at 8:24 pm

Are you suggesting to not use salt to create the saline water? Because saline water is a must to nebulize without burning the sensitive airway tissues.

May
August 28, 2025 at 4:53 pm

Nebulize this instead.

https://www.amazon.com/Sovereign-Silver-Bio-Active-Hydrosol-4oz/dp/B000OA6Z6O

Reply

Vivienne Du Bourdieu
December 19, 2021 at 3:32 pm

This is exactly what I've been looking for apropos the use of hydrogen peroxide in relation to common or uncommon ailments that, at present, are wrecking the lives of millions of people. As someone said earlier, your articles are complete and leave no doubt about what needs to be done next. Many thanks from a prisoner at Avalon whose journalistic colleagues wouldn't know sensible advice from a mosquito wearing a spangled face mask.

Reply

Dr. Jockers
December 20, 2021 at 4:14 pm

So glad to hear this has been helpful for you!

Reply

Linda
September 7, 2022 at 6:44 pm

Dr Jockers
Can you nebulize hydrogen peroxide with colloidal silver together? If so how much if each. Is nebulize with distilled water okay?
Thank you
Linda

Reply

Dr. Jockers
September 9, 2022 at 4:39 pm

Yes you can but we always recommend using saline rather than sim-ply distilled. Very easy to make your own saline solution.

Reply

Jennifer
March 7, 2023 at 11:48 pm

No, it's actually very dangerous to use just distilled. Mercola says it in his video.

Reply

Barb
January 19, 2023 at 11:36 am

Agree!

Reply

kim o'brien
February 21, 2024 at 8:29 am

Hi Dr. Jockers! Your articles are so informative! I have 2 huge notebooks of your articles that I copied! My question is about the desktop nebulizer-the link does not work. Could you please tell me the name of the nebulizer that your recommend? Thanks.

Reply

Dr. Jockers
February 21, 2024 at 10:28 am

Yes here is a good one: https://amzn.to/3OTaoc9

Reply

Susan Di Fraia
April 27, 2025 at 4:51 pm

This link does not work, Could you relink to product on Amazon ?

Reply

Dr. Jockers
May 1, 2025 at 12:55 pm

This one here: https://amzn.to/4l8sDJ8

Dr. Jockers
September 2, 2025 at 3:22 pm

This is a good one: https://amzn.to/3l4Qs5V

Reply

William J. Strandwitz, PhD
December 14, 2021 at 2:15 pm

When nebulizing H2O2, you should not use a titrated 3% pharmacy grade due to its stabilizers, (acetanilide or similar organic materials).
You should be using a 35% food grade product and then titrate it down to Dr. Brownstein's recommendations.

Reply

SHEILA
December 14, 2021 at 10:38 pm

I have a 3 year old that swallowed fecal matter in the womb he was in intensive care with a lung infection at Birth ever since then that baby is only well one week out of every month I need help I've heard that using a Nebulizer with cs is good but how about the hydrogen peroxide how much and what stenghth

Reply

Susie
February 16, 2022 at 9:46 am

Tks for the info. Did you mean to say ok to use 3% Food vs "35%" Food grade? I know not to use titrated pharmacy grade but I have 3% food grade (that I understand needs to be diluted for nebulizing). Thanks for your time.

Reply

Joan
February 20, 2022 at 9:51 pm

This was a great article!
So much to use the 3% or 12% FOOD GRADE hydrogen peroxide. The 35% is very strong and much more difficult to dilute.

Reply

ROSINA LOCK
September 21, 2023 at 3:51 pm

Hi Susie, although your question is over a year old you may have found the answer out by now, but YES three per cent hydrogen peroxide far better.

Reply

Laurie Powers
February 1, 2025 at 8:27 pm

You can purchase food grade 3% on Amazon and Dr. Jockers provides the link above. I use the same one. It's easier IMO than titrating down.

Reply

Angela
December 17, 2021 at 10:32 am

Love your explanation! This is why I come to your site!

Reply

Dr. Jockers
December 20, 2021 at 3:54 pm

Thank you Angela!

Reply

Margaret
December 18, 2021 at 6:19 am

Thank you for this comprehensive article on nebulizing. This will be my go to for reference. I can not help but think how many lives would have been saved these past two years.

Reply

Dr. Jockers
December 20, 2021 at 4:09 pm

Yes absolutely and thank you for your support!

Reply

J
December 21, 2021 at 11:53 am

Happy Solstice! Are there any contraindications for this nebulized hydrogen peroxide treatment? Thanks for the how-to guide, I so very much appreciate it! It will make a great Christmas present to everyone on my list! Many blessings!

Reply

Dr. Jockers
December 27, 2021 at 7:55 am

None that we are currently aware of at this time.

Reply

Rose
December 3, 2022 at 3:32 pm

I have heard that it is not good for DOWN SYNDROME folks. Is this true?

Reply

Dr. Jockers
December 5, 2022 at 4:51 pm

I haven't heard or seen anything about that.

Reply

Marcie K
April 5, 2025 at 11:23 pm

I heard that same thing. Sorry but I can't remember when & by who.

Reply

L
December 23, 2021 at 12:45 pm

Can you just put hydrogen peroxide in water and bring it to a steam and breath it in?
Thank you

Reply

Dr. Jockers
December 27, 2021 at 8:07 am

Yes you can do this, although it is not as powerful as nebulizing it.

Reply

Linda Robertson
December 24, 2021 at 11:23 am

Can I use some Hydrogen peroxide in a diffuser at night by my bed.

Reply

Dr. Jockers
December 27, 2021 at 8:33 am

Sure you can! But it won't be as powerful as nebulizing it.

Reply

L
December 28, 2021 at 3:00 pm

Thank you for responding. I appreciate all your articles. Thank you Dr Jockers and staff.

Reply

C. Bonivtch
January 7, 2023 at 11:22 am

Thank you – great info!
FYI – I have my EO diffuser in the kitchen on the counter, near my propane gas stovetop – never had a problem w/ EO but when I diffused the H2O2 solution as directed, it turned all the normally blue flames on all burners bright yellow-or-ange…so, it maybe more effective in a diffuser than expected. Needless to say, I have moved my diffuser to a new spot. This treatment has been helpful regard-ing my health issues.

Reply

Jacqueline Mudd
December 25, 2021 at 2:39 pm

Yes I have mild COPD. I use regular medicine in my nebulizer when I need to use it. I also have a portable nebulizer that takes batteries and I can take it anywhere I go if needed. Now, my question is I put the peroxide the iodine and Celine solution in my nebulizer right? What about the silver stuff? Do I put that in with all this other stuff as well? And what about vitamin C and D? Can I put that in there as well in the mix? Many thanks.

Reply

Dr. Jockers
December 27, 2021 at 8:34 am

Yes adding some Silver can be very helpful as well. You wouldn't nebulize vitamin D as that is a fat soluble nutrient that needs to be consumed from the sun or in food/supplements orally.

Reply

Pauline Deanna Law
December 31, 2021 at 12:07 am

Thank you Dr Jokers for this very comprehensive info on Peroxide Nebulizing, With my Naturopathic Dr I have have had Peroxide IV s also the Vit C I Vs , Also have Nebulizer ALA (Alpha Lipoic Acid) and DCA. Reasons are to do with Cancer. I do have the 35% food grade Peroxide in my fridge, so I feel prepared since reading your info here, I will have a trial doing this tomorrow.
Thanks again, I always follow you on here.
Sincerely PDL

Reply

Dr. Jockers
January 2, 2022 at 7:31 am

Thank you for sharing! Blessings!

Reply

Katy
December 31, 2021 at 1:09 pm

Is water through a Berkey filter the same as purified water to make the saline solution?

Reply

Dr. Jockers
January 2, 2022 at 7:33 am

Yes that would be filtered water which would work.

Reply

Heidi
January 2, 2022 at 10:10 am

Is it possible to add some peroxide in a nasal rinse bottle instead of using a nebulizer?

Reply

Dr. Jockers
January 7, 2022 at 4:42 pm

You can do this for a nasal rinse but it won't get into the lungs and help reduce the microbial load in the lungs.

Reply

Patrick
January 2, 2022 at 11:09 am

So when making a colloidal silver solution for the nebulizer you don't need to add a saline solution? You just use colloidal silver all by itself?

I just want to make sure. Thanks.

Reply

Dr. Jockers
January 7, 2022 at 4:42 pm

Yes that is correct, if it is a colloidal or ideally a nanosilver base, you can use that by itself.

Reply

Chris
January 2, 2022 at 2:35 pm

I'm a functional medicine practitioner and just want to say how much I enjoy your articles. Although I know most of the stuff I read herein, sometimes an article brings up something I haven't heard of, or causes me to have another look at a topic I haven't visited in a while.
I'm wondering if this peroxide protocol could be used in a humidifier for a home or office so everyone may benefit, but thinking the peroxide may break down with that use since it is so unstable. Have you read anything about using it in a larger area than just nebulizer. Thanks so much!

Reply

Dr. Jockers
January 7, 2022 at 4:44 pm

Yes the peroxide dosn't hold up very well in the humidifier. I prefer using essential oils such as tea tree oil, peppermint, lavendar, etc. for this purpose.

Reply

Vanessa

January 3, 2022 at 5:30 pm

The nebulizer you recommend has the worst product reviews on Amazon. I bought it myself too, and the instructions are very poorly written. It states that we need to get replacement filters every 6 months but these seem impossible to get. They state that the “nebulizer kit” (whatever that is) is “for single use only”.
Just FYI. Otherwise I’m grateful for this article.

Reply

Dr. Jockers
January 7, 2022 at 4:47 pm

Thanks for the feedback. I don’t think you need replacement filters as I have had mine for a while and it works well. However, we will look into other brands such as this one: **https://amzn.to/3eY2c8h**

Reply

Danielle
January 22, 2022 at 12:28 pm

What about the single use only? I was wondering that too… can you reuse the kit? Seems outrageously expensive doing it every hour and having to use a new kit each time.

Reply

Dr. Jockers
January 25, 2022 at 11:59 am

No, just wash it out and you can reuse it indefinitely.

Reply

Annie
February 2, 2022 at 2:52 pm

The nebulizer referred to in the above link is no longer in stock. Any other suggestions?

Reply

Dr. Jockers
February 3, 2022 at 4:29 pm

This one here Annie: **https://amzn.to/3si8Plv**

Reply

Laurie
December 3, 2022 at 4:58 pm

Dr. Mercola recommended this nebulizer in 2020 and I’ve been nebulizing HP, CS and Lugol’s iodine using it since then. It’s fabulous, sturdy, powerful and no-maintenance. The separate battery pack isn’t needed if you plug it in to an outlet as I do. It’s small enough to travel with and I never leave home for more than a few days without it. I recommend this one to everyone along with the HP protocol using the same food grade HP you recommend. Glad to see you confirming what I learned from Dr. Mercola and Dr. Brownstein and used to minimize Covid effects the last 2-3 years, the protocol is the bomb. So are your informative articles…the best!

https://www.amazon.com/Battery-Operated-Compressor-Adapters-Included/dp/B07CJQ6QCT/ref=sr_1_5?crid=1NT1XWOYHYJSS&keywords=trek+nebulizer&qid=1670104398&sprefix=trek+nebulizer%2Caps%2C89&sr=8-5

Reply

Susan
August 22, 2024 at 5:25 am

The link didn’t work … would love to get the name of the nebulizer. Thanks!

Reply

Laurie Powers
February 1, 2025 at 8:35 pm

Amazon stopped carrying it for some reason a couple years ago. It’s a Pari Trek S, google and you will be able to buy it elsewhere. I didn’t get the battery pack, I plug mine into an electrical outlet. It’s a great sise for travel and powerful and incredibly reliable, have been using it consistently since 2020. Here’s the link someone else provided above that works, it’s what came up when I googled and the same price I paid, this is a very good deal.

https://www.healthproductsforyou.com/p-pari-trek-s-portable-compressor-nebulizer-aerosol-system.html?trk_msg=4FOQDK1EO1PK94CVJMO36IPN0G&trk_contact=KUEJ1PKU60SH9JHNPKABOL26V0&trk_sid=55HR7A2D2GEVK17EL-NIQ37E8QG&trk_link=320OUTEARF245639CORKOBJQ98&utm_source=listrak&utm_medium=email&utm_term=Pari+Trek+S+Portable+Compressor+Nebulizer+Aerosol+System&utm_campaign=Sat+Apr+15+Week15+2023+Respiratory+Category+-+Nebulizer+vs.+Inhaler%3a+Which+One+to+Choose%3f&utm_content=Sat+Apr+15+Week15+2023+Respiratory+Category+-+Nebulizer+vs.+Inhaler%3a+Which+One+to+Choose%3f+

Mikel S
January 17, 2022 at 3:55 am

I worked as a respiratory nurse for several years in a home care setting. My client had nebulized treatments X4 a day. Although the mask & nebulizer cup may say single use, they can be used for as long as you feel comfortable to use them. For myself, I wash my neb cup and mask after each/any use and let air dry. Regular dish-soap is adequate, but if ill you may want to put a bit of white vinegar in the wash water as well. Most filters can be removed and lightly washed and air dried. Very simple. It filters air, so be sure it is dry before returning it to the machine. The ‘single use’ reference is mostly targeted for a hospital setting where they should be disposed of with each use, not home use. I hope this was helpful.

Reply

Dr. Jockers
January 18, 2022 at 3:15 pm

Thanks for sharing this great info Mikel!

Reply

Jana Balderas
January 3, 2022 at 7:40 pm

How and where can I order a nebulizer as shown???

Reply

Dr. Jockers
January 7, 2022 at 4:47 pm

You can get this here Jana: https://amzn.to/3eY2c8h

Reply

Ann
April 27, 2024 at 5:22 pm

Is there another one you can recommend? Every link I click on is bro-ken, or the item is sold out, I guess. Thank you!

Reply

Marcie K
April 5, 2025 at 11:19 pm

allmedplus.com sells a Drive Medical Power Neb Ultra for $29.95. They also sell a box of 100 normal saline vials 5 ml for $17.95. Amazon sells a nebulizer mask kit of 4 masks & 2 nebulizer cups with tubing for $19.95. You can buy a bottle of 3% food grade hydrogen peroxide for $9.95 at a health food store or on Amazon.

Reply

Dr. Jockers
October 15, 2025 at 12:24 pm

Here you go Ann: https://amzn.to/4oppd5G

Reply

Bruna Allen
January 4, 2022 at 12:44 pm

I would like to know where the machine you are recommending is made. I can-not find that info or info about how easy or not it is to clean it Also, if no replacement filters are available, it iseems a bad deal. Hope you reply to my email. Thank you!

Reply

Dr. Jockers
January 7, 2022 at 4:52 pm

Hello Bruna, here is another option with good reviews: https://amzn.-to/3eY2c8h

Reply

Ute Eden
January 6, 2022 at 8:21 am

Very Interesting and comprehensive!
I've just been studying about Molecular Hydrogen and Hydrogen-Oxygen Inhalation Thera-py and have bought a hydrogen water bottle for drinking and inhalation (Osmio/UK). I do wonder how Hydrogen Peroxide compares? I've got a portable Nebulizer that I've been us-ing with colloidal silver.

Reply

Dr. Jockers
January 7, 2022 at 4:58 pm

Yes hydrogen peroxide is different. It is the free oxygen radical interacting with the pathogen that is key here as opposed to the molecular hydrogen increasing antioxidant potential in the body.

Reply

Viktor nilsson
July 30, 2022 at 4:58 pm

will doing red light therapy before wich causes nitrate oxide and ros be dangerous to use before? or synergistic?

A study say nitrate oxide + hydrogen peroxide creates a super oxidizer. so will this be dangerous ... or good? hmm

Reply

Dr. Jockers
August 1, 2022 at 4:03 pm

No this formation of ONOO- or peroxinitrate happens within the cell as a normal part of metabolism. Red light therapy increases endothelial nitric oxide but reduces ROS so it will help reduce peroxinitrate formation.

Reply

ET
January 6, 2022 at 6:01 pm

Thank you for the article. It explains clearly the benefits of nebulizing H2O2 and how to do it. I do think your dilution instructions may be mislabeled as you are diluting to .1% (Dr. Mercola's recommended amount) but the chart is labeled "Proper Dilution for 1%....". Also Dr. Levy recommends a much higher dilution for faster results. Please clarify as I want to share article with friends.

Reply

Tricia
January 7, 2022 at 10:45 am

I just followed your instructions to the letter. Using 1/2 tsp of the saline/peroxide solution in the nebulizer cup gave me about 1 minutes worth of nebulizing treatment. This seems way too short considering your article says you should do this for 5 to 15 minutes.

Reply

Dr. Jockers
January 7, 2022 at 5:00 pm

Try making more as your nebulizer seems like it dissolves the fluid and pushes it out quickly.

Reply

Mikel S
January 17, 2022 at 4:07 am

Tricia, If you make up 8oz of the Normal Saline per the instruction, then add the amount of recommended food grade Hydrogen Peroxide, put it in a good jar & labeled in your refrigerator. Then, when you want to nebulize with it, use a med cup or syringe to draw up 5-7 mls of the solution .. squirt in to your nebulizer cup and you are good to go. The teaspoon measurements I think were for making the solution. Most neb cups will have measurement increments marked on the outside of the cup. I usually use about 7 mls. If you don't have any syringes, ask for one from your pharmacy or veterinary. Syringes make it a lot easier, or a med cup that has measurements on it. I hope this was helpful

Reply

Laurie Powers
February 1, 2025 at 8:41 pm

I noticed that the 1/2 tsp of solution in the nebulizer cup is way less than I use as well, I thought it must be a mistake as that is nothing. I fill my cup 2/3 full and it takes 3-4 uses to empty the cup. Every nebulizer is different, but try putting more solution in your cup and experiment.

Reply

AG
January 8, 2022 at 4:39 pm

Hello,

I realized I made a mistake and nebulized hydrogen at too high of a concentration 3 days ago. I did 1/2 3% food grade hydrogen Peroxide to 1/2 saline solution. I nebulized a total of 4ml of this solution.

My breathing became worse and I have had some other strange and intense side effects come up since I nebulized this solution- hot flashes, tingling in extremities, acid reflux- particularly when laying down, chest pain, and burning in rectum after going to bathroom.

Am I at any risk for long term damage? Any suggestions to help these side effects?

Thank you

Reply

Dr. Jockers
January 12, 2022 at 9:25 am

Hello AG, sorry to hear this! No you should recover just fine within a week.

Reply

Amy
April 30, 2022 at 6:02 pm

Re: incorrect ratio
I almost did this too! I first saw this on social media and while doing my own research, I found this website. I am grateful that i noticed the ratio here because it says 1% on some of the videos! Not .1%! I have copd. Like really bad. Asthma, pneumonia prone, etc. Anyway, I am thinking I want to try this 🙂

Reply

Jeff
January 7, 2023 at 10:41 am

A good rule of thumb is to include the zero (0) before writing .1 % so that the chance of an inaccuracy is reduced. SO... here is how to best write this– 0.1%

Reply

Judy
January 9, 2022 at 12:37 pm

Thank you for the nebulizing instructions. I have read instructions elsewhere, but your instructions are the most complete. I have all the needed supplies. Now I feel prepared if I should get Covid. Many thanks!!!

Reply

Ro
January 9, 2022 at 1:34 pm

Is this safe to use during pregnancy?

Reply

Dr. Jockers
January 12, 2022 at 9:31 am

Yes it is!

Reply

Elain
January 10, 2022 at 11:32 am

Are you mad!! As a cleaning agent for cuts etc I can go for. Even orally where one is not swallowing and spitting out I can understand but into internal organs. May god forgive you for peddling such tripe. You've even included testing on horses....unbelievable ⚠️

Reply

Aileen

January 21, 2022 at 6:55 pm

Elain,
You most certainly can swallow food-grade hydrogen peroxide! It is TOTALLY SAFE! You can even feel the difference in your stomach after swallowing it. I've done several cleanses over the years with it in pure water. Why don't you humbly try it and see for yourself.

Reply

Rachel_Colorado
January 10, 2022 at 1:47 pm

SAFETY CONCERN: Dr. Jockers, please correct your graphic and your text instructions in this article. One of the graphics shows dilution to 0.1% and the other with instructions says we are diluting to 1%. I believe the 0.1% is correct, but the discrepancy within this article is confusing.

Someone else caught this also: ET posted this same question on on January 6, 2022 at 6:01 pm . They also ask another great question: Also Dr. Levy recommends a much higher dilution for faster results.

Reply

Dr. Jockers
January 12, 2022 at 10:31 am

Thanks for sharing and we made that update. Dr Levy does recommend using the straight 3% but there is higher risk for throat burning so we do the diluted method.

Reply

Rachel_Colorado
January 17, 2022 at 2:41 pm

Thanks for the correction. But, also the title on the graphic also still says 1%.

Reply

Patricia Murphy
May 23, 2022 at 5:18 pm

When using the 2 drops of iodine nothing says how many times a day to use the iodine ?

Reply

Dr. Jockers
May 24, 2022 at 5:00 pm

Once daily for prevention, but if you are symptomatic, you can do this every 1-2 hours.

Reply

Angel
January 13, 2022 at 7:56 am

Hello, thank you so much for your article! You mention to use saline instead of water. What is the harm I'd just distilled water is used? Why does it have to be saline?

Reply

Mikel S
January 17, 2022 at 4:27 am

Hi Angela, Do know I am not the the Dr here, just a happy customer and former respiratory nurse. Saline, due to the sodium in the solution, is naturally found in your lungs and assists the cellular metabolism, absorbtion, etc in the cells of your lungs. Just using water, and more than you might naturally have, would not allow the appropriate exchange of ions and such. It can also be called 'drowning'. Make the saline. Don't just put water in your lungs. Saline is natural to your lung environment, plain distilled water is not. I hope this is helpful.

Reply

Sheri
January 19, 2022 at 12:25 am

Yes, I agree with you Mikel S. Dr. Mercola strongly warns about not using water alone. It needs to be the saline solution.

Reply

Caroline
January 15, 2022 at 11:29 am

I have a nebulizer and have never understood how to use it. The instructions don't explain when the product like glutathione for example is coming out do you take a deep breath and inhale it and then hold your breath for so many seconds to allow the body to absorb the product or do you just breath normally with the mask on like you would without a mask and let the product get into the lungs. The actual breathing procedure is what I am wanting to know how you recommend using it. The company I bought the machine from doesn't explain this information.

Reply

Tiffany
January 17, 2022 at 8:59 am

Have been wanting to do nebulizer H2o2 with my 10 year old, who has Down Syndrome, immune issues and gets a lot of upper respiratory infections. But in one article I came across it said this would be contraindicated in people with DS. It gave no explanation. Any idea why that would be?

Reply

Dr. Jockers
January 18, 2022 at 3:17 pm

Hello Tiffany, yes I don't know why it would be contraindicated for people with DS.

Reply

Claire R. Ward
January 18, 2022 at 5:37 pm

This article on nebulizing is great. I would like to forward it to some of my friends but I don't see a forward .

Reply

Sheri
January 19, 2022 at 12:29 am

The options to share it are above the first big graphic at the beginning of the article, on the right. The one that looks like an envelope allows you to email it. Otherwise, you can always copy the web address, then paste it into a text, email, or post. Hope this helps!

Reply

Dr. Jockers
January 25, 2022 at 11:40 am

Yes you can easily share this by sending your friends the URL link.

Reply

Larry Lymburner
January 20, 2022 at 11:24 am

Could hydrogen peroxide be used in a cpap machine? And would a saline solution be used to and advantage?

Reply

Val
January 21, 2022 at 10:29 am

Dr. Jockers,

Very valuable site! I followed Dr. Levy and nebulized 3% HP (non food grade). Only nebulized about 6 times (max 15m and once for 25 or so). I became a little concerned this could have caused permanent damage to the lungs/mucous membranes? Had slight burning in nasal cavity and that's when I stopped. For future will dilute the saline/HP (food grade). Hoping you can comment to alleviate any worry. Thank you!

Reply

Dr. Jockers
January 25, 2022 at 11:53 am

You should be fine and keep taking good care of your body and you should heal up well. If you want to nebulize the glutathione into these areas that can help. For your sinuses, you may also consider the Ion Sinus spray: **https://store.drjockers.com/products/ion-sinus**

Reply

Nebulizing
January 24, 2022 at 2:37 pm

Hi, Doc,

Many many moons ago i used peroxide to beat my double cancers,
both in its state "3-to-5-days-left". Am alive & kicking 3 decades later on.

W/ Ur nebulizer am concerned about teeth enamel, though.
Because peroxide is a well-known destroyer not just for enamel,
yet a whole tooth including!

Thank you for sharing Ur thoughts this matter, Doc.

Reply

BETTE
February 6, 2022 at 2:35 pm

Would love to know EVERYTHING you did. Am in the met BC battle now.
And have issues in lungs. I have been nebbing c silver with distilled water & few grains sea salt.
Thinking of switching to peroxide. I have the food grade 35%.
Plus you drank it right? I have been scared to do this.

Reply

Bri
January 25, 2022 at 4:59 pm

Thank you for the clearly written article. I already have a steam inhaler with mask for steam and aromatherapy use. Would this be sufficient to use with hydrogen peroxide or would you recommend I get an actual nebulizer? Thank you to you team for the wonderful information you share.

Reply

Dr. Jockers
February 1, 2022 at 4:41 pm

Hydrogen peroxide is fragile and so the heat of producing steam breaks it down, so the nebulizer does a better job of getting it into the lungs.

Reply

Susie
February 16, 2022 at 10:20 am

What about a cool mist humidifier? (I realize the nebulizer gets it into the lungs more efficiently). I'm thinking a cool mist humidifier would be helpful to either run at night while sleeping and/or running it during the day to help deplete viruses in the family room? If that's a good idea, what would be the mixing instructions? Thank you for great info.

Reply

Dr. Jockers
February 21, 2022 at 3:49 pm

The hydrogen peroxide is very fragile and will combust in the air from the humidifier. I would recommend using essential oils for misting or diffusing into the air.

Reply

BrandonG
January 27, 2022 at 3:23 am

Respiratory Therapist here. I'm going to try and keep an open mind. Are you aware of any negative side effects from this method such as bronchispasms, etc.? I'm going to show this to our pulmonary intensivist to see what he thinks.

Thanks,
Brandon G. RRT-ACCS-NPS

Reply

Charlie
January 30, 2022 at 9:23 pm

I am not a medical professional as You are , but suffering from allergic asthma ,
Doctors have prescribed various sprays as Budesonid

Reply

Dr. Jockers
February 1, 2022 at 4:45 pm

Hello Brandon, obviously everyone is unique and different and it is possible that someone may have a reaction. With that said, at the dilution explained the in article, this is highly unlikely and we haven't heard of anyone noticing any problems. Some practitioners use a full strength 3% H202 and say they rarely encounter any issues, however, our experience is that a lot of people get throat irritation from that strong a concentration. Hope that helps.

Reply

Jessica
January 29, 2022 at 2:33 am

Do you breathe in through your mouth or nose? Or does it not matter and a combination of both is fine? Sorry if this is already mentioned and I just missed it.

Reply

Charlie
January 30, 2022 at 9:04 pm

If Your nose is "free" -always nose 🙂 It covers more of Your respiratory system and gets the right temperature

Reply

Dr. Jockers
February 1, 2022 at 4:55 pm

Combination of both is best!

Reply

Wendy
January 30, 2022 at 2:19 am

We do not have a nebulizer but do have a cool mist humidifier. Can that be used instead of instead of the nebulazer?

Reply

Zoltán Kiss
January 30, 2022 at 3:23 am

May I ask why need Salt?
H2O2+NaCl=H2O +O2

Reply

Kris
January 31, 2022 at 5:31 am

See Angel's question above (Jan 13) and answers

Reply

Rachel
February 1, 2022 at 4:27 am

I'd this recipe/formula safe too nebulizer on children? 3 years old

Reply

Dr. Jockers
February 3, 2022 at 4:22 pm

Yes it is.

Reply

Zoltán Kiss
February 2, 2022 at 7:14 am

Thanks

Reply

James West
February 5, 2022 at 10:05 am

You should include the phrase "food grade 3% hydrogen peroxide" every time you reference hydrogen peroxide. This is an important safety factor. Ordinary "medicinal hydrogen peroxide" should not be used. It is not recommended.

Reply

Linda
February 6, 2022 at 9:32 am

I have read to use a nebulizer machine that can produce particles in a range of 3-5 microns anything above that cannot actually enter the alveoli. Another point it made was to use a machine that used electrical outlet over batteries as they could not produce enough power to produce the smaller particles. I did find a portable machine that says it produces 3-5 micron particle and can use batteries or as a plug in unit. They do suggest using new batteries each time as the unit uses so much power batteries can't be used over and over. Do you agree with this info.

Reply

Jessey
February 7, 2022 at 6:22 pm

Can I use distilled water instead of purified water to make the saline solution?

Reply

Dr. Jockers
February 9, 2022 at 2:42 pm

Yes absolutely!

Reply

Martine
February 10, 2022 at 11:41 am

I would like to know if you sale the hydrogen peroxide

Reply

Dr. Jockers
February 14, 2022 at 4:47 pm

No we do not, but I have a link for it on Amazon in the article.

Reply

LG
February 11, 2022 at 2:51 pm

Hi Dr Jockers, Thanks for this article. We read to nebulize "2-3 ml" for "5 to 15 minutes every hour until you start feeling better."

QUESTION: Being one who's nebulized for years, 2-3 ml solution lasts only 4-6 min apx. So the amount vs duration above literally does not add up...
Please, will you clarify (the longer treatment 7-15 minute range), as it would take double the amount of solution (6 ml not 3ml) to achieve 15 minute? Either we 1.) double the amount or 2.) nebulize 3ml for apx 6 minutes. You can tap down the condensation in the chamber as it sputters to maybe extend to 7 minutes. But if it's unclear to one who nebulizes it must be very confusing to those who do not. If ppl double the amount to nebulize for 15 minutes, can this cause any negative effects? Most sincerely – Thank you!

Reply

Dr. Jockers
February 14, 2022 at 4:49 pm

Yes you can safely double the amount in the recipe without any issues.

Reply

LG
February 25, 2022 at 1:50 pm

Thanks very much for clarifying DJ! 🙂

Reply

Donna
February 18, 2022 at 2:14 pm

I saw you mentioned this is good for digestion – can you direct me to information on this? Would like to read up on this! Thank you so much

Reply

Dr. Jockers
February 21, 2022 at 3:56 pm

Yes this is due to the anti-bacterial impact of H202. It helps reduce bacterial colonies in the oral cavity that often make their way into the stomach/small intestine and can lead to SIBO.

Reply

Debbie
February 25, 2022 at 8:22 pm

If adding the iodine, is it 3-6 drops per the 8 oz saline/hydrogen peroxide solution?

Reply

Dr. Jockers
March 1, 2022 at 11:41 am

Yes but start with the 3 drops and gradually work your way up to the 6.

Reply

Kathryn Harrison
December 18, 2022 at 7:34 pm

I thought Dr. Brownstein says to add 1 -2 drops of Lugol's 2% Iodine to the nebulizer cup along with the 3ml of h202 saline mixture?
Is it okay to add the iodine to the 8-ounce h202 saline mixture, and will it retain its strength? And if so, how much?
Please clarify for me! I nebulizer h202/saline solution often but not sure how to use the iodine.

Dr. Jockers

December 26, 2022 at 4:34 pm

Yes best to add the iodine to the mixture right before you nebulize the solution!

Brooke Cygnar

March 5, 2022 at 11:03 pm

I've been wondering if H202 & glutathione can be nebulized together??
I've been nebulizing 3% h202 non-diluted, colloidal silver, & glutathione all separately for 2 years now and I can attest to H202 nebulized absolutely kills ANY bacterial/viral lung or sinus infections. I'm an asthmatic and for years I'd ALWAYS end up with pneumonia every single winter. Since starting H202 nebulized I've not visited Dr/ER nor taken a single antibiotic for lung infections. I've used on my mother(copd), husband, & 3 children and it ALWAYS kills the infection!!
I feel H202 does work better then colloidal silver nebulized for acute infections.
I start nebulizing H202 at first sign of any illness and usually knocks it out but sometimes I still get sick, especially if I don't start treatment in time but as long as I continue nebulizing H202, sometimes every 1-2 hours if symptomatic.

Reply

Dr. Jockers

March 11, 2022 at 10:40 am

No the glutathione will reduce the H202 and cause it to not have the extra electron on the O2 molecule that acts as the anti-microbial. I would do these separately. Thank you for sharing your experiences with these!

Reply

Lauren

March 9, 2022 at 2:28 pm

If I bought the 5 ml saline doses from the Amazon link in the article, how much Hydrogen Peroxide would I need to add to the nebulizer for each 5 ml dose?

Reply

Dr. Jockers

March 11, 2022 at 11:34 am

A very small dose. You have to do the math based on the calculations in the article.

Reply

Terry

March 9, 2022 at 3:24 pm

The link for your Nebulizer recommendation is no longer available on Amazon. Can you recommend another model? Thanks

Reply

Dr. Jockers

March 11, 2022 at 11:41 am

Try this new one here: **https://amzn.to/3tOodgO**

Reply

Laurie

December 3, 2022 at 5:09 pm

Dr. Mercola recommended this nebulizer in 2020 and I've been nebulizing HP, CS and Lugol's iodine using it since then. It's fabulous, sturdy, powerful and no-maintenance. The separate battery pack isn't needed if you plug it in to an outlet as I do. It's small enough to travel with and I never leave home for more than a few days without it.

https://www.amazon.com/Battery-Operated-Compressor-Adapters-Included/dp/B07CJQ6QCT/ref=sr_1_5?crid=1NT1XWOYHYJSS&keywords=trek+nebulizer&qid=1670104398&sprefix=trek+nebulizer%2Caps%2C89&sr=8-5

Reply

Ken

March 11, 2022 at 12:45 pm

I saw the question about using a CPAP machine to "nebulize" 2H2O2 and other elements. I had the same question. Then I saw the post about heating disrupting the process. I also realized that the people that brought my machine recommended distilled water. I've used it for 6 years and never had a problem with any clogging. Long story short, I am in the process to get a nebulizer. However, is there something you would consider adding to a CPAP to assist with overall health?

Reply

Dr. Jockers

March 15, 2022 at 9:49 am

Hello Ken, no we do not recommend adding it to a CPAP machine.

Reply

Vicki S

March 19, 2022 at 11:55 pm

Is nebulizing H2O2 safe for someone with Hashimoto's thyroiditis (hypo) and thyroid related eye disease (possibly Graves)? Thanks! (I won't add iodine.)

Reply

Dr. Jockers

March 23, 2022 at 3:34 pm

Yes it is safe.

Reply

NaturesMasterantibiotic
March 24, 2022 at 8:43 pm

Great article. Nebulizing food grade H202 saved my life after a severe, late stage respiratory infection. My blood oxygen was dropping by the second so I nebulized with about 3.5 mls of 3% food grade (Bob's Best) H202 and 2.5 mls of sterile saline. I found a weaker solution wasn't as effective. Once I recovered I nebulized 1ml of H202 3% food grade, to 5mls of sterile saline. The missing link in my recovery was vitamin C powder. Once I drank 3000mg of quali C in water a few times a day, I felt a complete transformation. This works with the Nebulization treatment. Vitamin C helps create hydrogen peroxide.

If you notice symptoms early on, you can stop them in their tracks even quicker. but the fact is, I did not notice my symptoms for about 2 weeks and nebulized H202 still stopped the infection in a matter of hours!

The nebulizer I used was 'A&D Medical UN-014 Compact Compressor Nebuliser' you can buy one from Amazon and be sure to use the mask.

Without that treatment, I wouldn't be here today. And don't forget our body makes H202 to fight all kinds of pathogens.

Reply

Dr. Jockers
April 2, 2022 at 7:42 am

Thanks for sharing and so glad you found this when you did! Praise God!

Reply

Risha
March 29, 2022 at 5:07 am

I've nebulizer with food grade 3% a few times, and my voice becomes very hoarse after. Is this typical?

Reply

NaturesMasterantibiotic
March 29, 2022 at 6:02 pm

Maybe. Ive noticed the same with my voice too. It may be due to using more than the recommended amount though. DR. Mercola recommends 0.04%. Ive been using a lot more.

Reply

Kathryn Harrison
December 20, 2022 at 1:07 pm

Dr. Mercola recommends 0.01%
Dr. Brownstein recommends 0.04% which he says is the lowest % that works. Dr. Brownstein also uses ozone shots and IV h202
Personally, I make a solution with the percentage in between these two

Reply

Dr. Jockers
April 2, 2022 at 7:53 am

That is too strong, try the dilution discussed in the article.

Reply

Dianne
January 16, 2023 at 12:41 am

I know that % means out of 100, or divided by 100. Therefore, 1% = 1/100
Likewise, .01% = .01/100

1/100 = .01= 1 hundredth
But, .01/100 = .0001=
1 ten thousandth
I noticed in several answers, 1% solution was also written as .01% solution and this is not correct.

Reply

Ana
April 10, 2022 at 8:02 pm

Hello, how do you recommend using H202 nebulization as a preventative? And can you use it daily or which should be the recommended approach for treating chronic infections or ashtma? Thank you!

Reply

Dr. Jockers
April 23, 2022 at 7:20 am

Yes absolutely you can use this as a preventative health optimization tool. It can be very good for improving oral, respiratory and digestive health to do a session each day.

Reply

Paul Thomas
April 24, 2022 at 8:11 pm

If I have access to Albuterol Sulfate 0.0083%, would that be as good as or better than the H2O2 for Covid-19 symptoms?

Reply

Laurie
December 3, 2022 at 5:13 pm

Nebulizing Albuterol makes me jittery and makes my BP soar. Nebulizing H2O2 kills pathogens, including Covid, and to my knowledge Albuterol does not, it is a steroid that reduces inflammation, thereby opening airways. I don't use my Albuterol inhaler now that I nebulize H2O2, it's been a life saver and life changer.

Reply

Dr. Jockers
December 5, 2022 at 4:52 pm

Great to hear that!

Reply

Penny
May 7, 2022 at 6:45 pm

I have severe bronchiectasis with two species of pseudomonas a. bacteria in my lungs. Additionally, I have cavetary lungs. I live on nebulizing Cayston 75mg twice per day. Would nebulizing hydrogen peroxide do me any good/harm? I was told I would never be able to eliminate the bacteria so the best that can be hoped for is to keep it in check.

Reply

Dr. Jockers
May 9, 2022 at 3:27 pm

Sorry to hear about this! I would imagine with this dilution it should be helpful for you but always best to discuss with your physician.

Reply

Bernadette
September 25, 2025 at 7:22 am

Your doctor would never tell you otherwise…research for yourself. I always stay away from doctors and do the opposite…..learned after years of working in the medical field.. I never follow orders nor take their medications. I get a DX OF MY PROBLEM AND FIND AND TREAT MYSELF. HARDLY EVER GO TO A DOCTOR….THEY MAKE YOU SICK.!!

Reply

Melissa
May 15, 2022 at 9:39 am

Is nebulizing with mouthpiece only as good as with a mask?

Reply

Dr. Jockers
May 18, 2022 at 10:19 am

The mask works best because it gets the H202 or whatever you are nebulizing into the nasal cavities and sinuses to help sterilize those areas as well.

Reply

KM
June 16, 2022 at 3:19 pm

I saw something similar to this on Instagram and had my husband nebulize what they recommended (50/50 purified water and 3% hydrogen peroxide). After he did this about 4-5 times I found your site and realized we had the wrong ratio and also should have used saline instead of plain water. Is my husband at risk for damage to his lungs? What should I do to have him checked out for any damage caused. I am freaking out and wishing I hadn't trusted the other source. Thank you for any feedback!!

Reply

Dr. Jockers
June 26, 2022 at 7:42 am

I am sure he will be fine Karly, the dilution is more for very sensitive people and it helps them with compliance. The saline makes it more effective.

Reply

sharon
August 27, 2022 at 4:39 pm

Hello! Would nebulizing hydrogen peroxide be good for scleroderma? If not, would glutathione or another medication be beneficial for excess mucus caused by scleroderma? Thanks!

Reply

Dr. Jockers
August 30, 2022 at 9:30 am

I would do nebulized glutathione for scleroderma.

Reply

Chelsea Kissiah
October 28, 2022 at 3:20 pm

Hi! Thank you for this!
What concentration for a 5, almost 6 yr old?

Reply

Dr. Jockers
October 31, 2022 at 11:16 am

Hello Chelsea,

The recipe is the same no matter age, but it can be challenging to get them to keep it on their face.

Reply

Cindy
November 16, 2023 at 6:52 am

Love this article and thank you. Can you use it on an infant as well?

Reply

Dr. Jockers
May 20, 2025 at 4:17 pm

Yes you can try to use it on an infant but the challenge is that they find the mask uncomfortable and will often wiggle around.

Reply

Larry Rice
November 21, 2022 at 3:19 pm

Is the 3 to 6 drops of iodine added to the jar of saline solution or the nebulizer medicine cup with 5 ml of saline hydrogen peroxide solution?

Reply

Dr. Jockers
November 24, 2022 at 5:05 pm

The saline – H202 combination!

Reply

suzanne
December 3, 2022 at 3:22 pm

https://medicinalsupplies.com/products/pp47f45lcs?variant=39412192837745&msclkid=5d1478076a9c195df7501b8cc61608d2&utm_source=bing&utm_medium=cpc&utm_campaign=Compressor%20Nebulizer%20Systems&utm_term=4588743066375465&utm_content=Compressor%20Nebulizer%20Systems

Pari-Trek is the nebulizer I have used for 2 yrs. quite successfully. Research online and find other suppliers. About $70. Have to buy a mask separately, but that should be available on the same site. One can buy a battery operated but it is expensive. This comes with a transformer that plugs into the wall.

I buy 12% food-grade H2O2 only. Make my own saline. Use distilled water only!!!! Do not use tap water. I often add a drop of Lugol's 2% iodine I get off amazon. Be careful – its orange and stains. So I pre-make the saline with the H2O2 in a pint jar and keep in frig, follow directions above. Then add 1/2 t. at time of use into the nebulizer cup. The instructions in the article are straightforward and helpful. I am 72, no vaxx and no Covid or illness. Husband uses also at first sign of respiratory problems or been in a crowd, around sneezers/coughers – which we can avoid in our small town.

Reply

suzanne
January 7, 2023 at 4:19 pm

This is the nebulizer, Pari-Trek, that Mercola suggested. Haven't seen it on amazon. We have used for a couple of yrs. now. Take with us when traveling in RV. We are in our 70's, never vaxxed, never had Covid or the flu. We make a new solution and keep in the frig every 3 to 6 mo., but I don't think its that neccesary. Follow the written instructions in the article (not the chart) which is easier to understand. Its very clear.
In use, it will provide mist for 10 to 15 min. Each of us bought our own mask (about $12?? – same site) and our own tubing. We are extra careful. Never rinse out the tube. If you see some moisture inside it, just hang it so it can drain and dry out.

Reply

Mark
December 4, 2022 at 5:33 am

Three months ago, Neil Cohen from YouTube's EMF Safety Zone emailed me after I asked this question. Hi Neil. I'm thinking of buying a nebulizer. Several months ago, you mentioned that you were having trouble with your portable Omron MicroAir NE-U100 nebulizer when it comes to nebulizing colloidal silver. Could you please give me an update on how you are going with the nebulizing of this colloidal silver? You have led me to believe this may be the world's best portable nebulizer. I'm thinking of buying it here in Australia. Could you please tell me if it's worth buying?

Here is Neil's response:

"I have found an issue with mine. I nebulize colloidal silver most often. and this jams up the nebulizer. I had to throw mine away and start buying cheaper ones on Amazon. so I have no suggestions at this point."

After hearing this disheartening information, I completely lost interest in wanting to buy a nebulizer. I spent over two weeks researching for the world's best nebulizer to buy and I was 100% convinced that the Omron MicroAir was it, but if it has trouble nebulizing colloidal silver, then what good is it?

In researching the perfect nebulizer to buy, I soon discovered that it's not easy locating a high quality nebulizer when living in Australia. Once I discovered that the Omron MicroAir was no good, that's when I stumbled upon the Omron A3 Complete. I thought, wow! This device looks impressive. Does it not only treat the upper airways, but it also treats the middle and lower airways due to the unique 3-in-1 adjusting of the particle size. I thought, oh wow, I definitely have to buy this, but as usual, you cannot buy high quality products in Australia. If I bought it from America, I wouldn't be able to plug it into my Belkin powerboard, but not only that, Omron America and Omron UK do not post to Australia which was another huge letdown.

I thought, okay then. So my next step in my research was to hunt down a similar model that treats both the upper, middle and lower airways. After searching far and wide across the net, I could not locate a similar model. It would appear the Omron A3 Complete is a world first. It really saddened me that I could not buy this thing after doing all this research. I completely lost interest in nebulizers after feeling this huge letdown.

Simply put: What is the number 1 best nebulizer that I can buy in Australia that nebulizes colloidal silver without it jamming up, I wonder? If it's not Omron, then I have no idea. All the nebulizers sold in Australia come with very little to zero consumer reviews. They look crappy and cheaply made in China. What if I were to buy my nebulizer from one of these less-known inferior brands, would they still stock filters and other spare parts two years from now, five years, ten years? Ha! I highly doubt it. I give up hunting down the perfect nebulizer. Too many things could go wrong which could lead to a waste of money.

Reply

Michelle
December 31, 2022 at 1:16 pm

I nebulize CS in my Amazon $100 nebulizer all the time. No problems at all getting jammed up. It might not be the "best" but as long as it is a plug in machine it can only help. Of all the doctors recommending and treating this practice, I have never heard any of them say it needs to be a particular model–just as long as it is a plug in as battery operated do not have the power.

Reply

Gina
December 18, 2022 at 10:27 am

You say the hydrogen peroxide/saline solution can be stored in the fridge for a long time..how long is a long time? I have some solution coming up on a year old and am thinking that's too long and should probably make up some fresh solution.

Reply

Dr. Jockers
December 26, 2022 at 4:26 pm

Yes that is a while. I would say use it within 3 months.

Reply

SteveB
December 25, 2022 at 2:11 pm

Speaking with the actual producer of the peroxide (P: (425) 702-1805 | http://www.vivadoria.com) it was said that you cannot use a nebulizer that has any metal parts in contact with the peroxide as it will cause it to flash off (decompose) immediately. Portable battery operated nebulizers use a stainless steel vibrating reed to atomize the liquid so no good for peroxides. Same with any ultrasonic cold vaporizer, the transducer is SST also. That is why the Dr's found poor results with the portables!
(By the way I expect that ionic silver water would agglomerate (deposit) on the metal parts of these nebulizers as well.)
The only way to go is an air compressor type nebulizer.
Next point they mentioned – adding salt to the solution will also cause the peroxide to decompose. The sodium is a metal!! I use distilled water. The Dr's want saline because that is a bodily fluid, known to be safe. They are unaware of the chemical reactivity of peroxide. When diluting for short or long-term storage, always use distilled water. All other water types contain trace elements and minerals that react with and degrade hydrogen peroxide. Less of an issue – store in plastic bottles as glass can have small amounts of alkali metal ions dissolved in the surface also causing peroxide degradation.
High-density polyethylene (HDPE) provides the most stable surface.

Next point – be cautious of the type of peroxide you choose as many food-grade use synthetic stabilizers (non food-grade use heavy metals). Stabilizers keep the peroxide from naturally decomposing back to H2O and O2. Nasty to stick in your lungs. The synthetic stabilizers are actually worse than the heavy metals for your body! Call the manufacturer of your 'food-grade' and check if there are NO stabilizers or dig for the fine print on it. The only one I found with NO stabilizers is Viva Doria. No I do not work there or get $$ from them. This info is the result of too many hours trying to protect my family.
The Viva Doria decomposes naturally at a rate of 1%/year so the bottle will tend to pressurize over time with the released O2. A natural process. Expect it and don't complain about it (as many do when the sealed shipped bottle comes pregnant).

Note I have emailed Mercola (who I love !) with all this info -crickets.

Next point – for clarity – add the iodine only immediately at time of use in the nebulizer. If added to the bulk batch of diluted peroxide it will decompose it!
Povidone [betadine] contains a synthetic polymer [good for external use]….go for ascent or Lugol's- which is fairly easy to make with potassium iodide and iodine [prills].

Next point – real confusion of concentration to use in the nebulizer. Some of the Dr's mentioned in this article errored with using metal based portable nebulizers and found that high % peroxides (3% ?) worked well, not realizing that most of it was instantly decomposed to water and a much reduced form was delivered to the lungs. Air nebulizers would deliver full strength. I find 3% eats my finger skin! No way am I using that in my lungs. As mentioned in the comments 0.01% and 0.04% were suggested by the Dr's podcasts in summation of the procedure. I use 0.04%. I will experiment on myself (not my kids) with 0.1%. Bear in mind the 0.04% the Dr's used was with a saline solution (degrades peroxide) so who knows how much got to the lungs! Hence they found the iodine was necessary to work effectively ! Go figure.

Last point – the catalase reaction equation at the top of this site is wrong – the products are 2H2O + O2, not 2H2O2 + O2. Minor detail but we need accuracy here!!!

Maybe the mods can edit this site to include the above details. Very important.

Reply

Katy
December 28, 2022 at 5:52 pm

I hope you get a reply. This seems pretty important to address.

Reply

MIchelle
December 31, 2022 at 1:25 pm

Thanks Steve. I am glad I read through all of the comments to get to yours! Dr. Jockers seems very attentive to the comments so hopefully he will respond to yours.
I have a 30% food grade without stabilizers, so I will dilute it according to the 36% instructions to have it be a little weaker than .1% I will keep it with saline to start but make it fresh each time so hopefully not much time to degrade.

Reply

Ken
January 20, 2023 at 2:11 pm

Thank you for you diligence!

Reply

Shonya
January 30, 2023 at 2:03 pm

Excellent info, Steve. Thanks. I never got any benefit using the portable nebulizer recommended by Dr. Mercola. Your comments offer an explanation as to why. Would you be willing to share the nebulizer brand you're using? Most of the ones on Amazon seem like no-name brands from China. Did you go with one of those or perhaps something like a Pari desktop?

Reply

Jack B
January 2, 2023 at 9:28 am

Is there a protocol for someone with severe Asthma? will the nebulized peroxide program work? any info would be really helpful. Thanks!!

Reply

Nelson
January 13, 2023 at 5:04 pm

Just stumbled on this.
Your diagram "How Hydrogen Peroxide Works" appears to have a typo in it.
The diagram currently shows "2H2O2 –> 2H2O2 + O2."
I think it should be "2H2O2 –> 2H2O + O2."

Reply

Linda McKendry
January 14, 2023 at 9:17 am

For years, since following Justine Haynes on Happy Health, I've been using H2O2... as she recommended it.... recently with the 'virus', I have 3% H2O2 in my vaporizer and put that on for a few minutes each morning. It's about 3ft. from me and I can lean into the mist and breath more deeply, but when my eyes begin to burn, I turn it off... thank you for bringing this to our attention... Justine was attacked like many others are for sharing the truth, so I was happy to send your article to her as renewed confirmation that she was on a good track all along. Thanks... I purchase the food grade 35% and make my own 3% solution to use with distilled water in litres.

Reply

Ken
January 20, 2023 at 1:54 pm

Such great information. Thank you for keep this available. I need assistance with dosage. I'm using 3% food grade hydrogen peroxide. I have normal saline in a 10ml syringe. How much peroxide should I add to the syringe ?
Thank you to any one that paid attention in their math classes.

Reply

Susan Phillips
February 16, 2023 at 3:34 pm

I have been diagnosed with bronchiectasis or Lady windermere syndrome.
In other words, my Dr said, "the tiny brooms in my lungs don't sweep anymore."

I ask about nebulizing with hydrogen peroxide. He said could damage my lungs.
I want to know if he or Dr. Jockers is right.
He has not mentioned this condition that I can find.

Any help will be so appreciated!
Thank you,
Susan Phillips

Reply

Dr. Jockers
June 9, 2024 at 2:49 pm

Sorry to hear this. It is always advisable to discuss any health conditions with your primary care physician and your functional health practitioner.

Reply

Cleo
October 2, 2024 at 6:15 pm

Susan, if you have Lady Windermere syndrome, you not only have bronchiectasis but also a mycobacterium avium complex lung infection.

Reply

Bonnie White
April 22, 2025 at 3:03 pm

Hi Susan!
Don't know if you'll see this, but I have recently read about a woman who is being treated for Lady Windermere with chlorine dioxide, both ingested and with baths. Look up The Universal Antidote to find out all about it. The article I read was on substack by Margaret Anna Alice Through the Looking Glass, December 25, 2024, called "A Christmas Miracle: My Mom's Medical Mystery Adventure". She is treating her mother with wonderful results. Hope this helps!

Reply

Chris Martin
February 18, 2023 at 8:26 am

Your first article above, re; oxygen peroxide is this food grade or normal peroxide you get in a chemist/pharmacy?

Reply

Dr. Jockers
June 10, 2024 at 5:10 pm

Ideally food grade hydrogen peroxide as that is best!

Reply

Chris Martin
February 18, 2023 at 8:27 am

sorry meant Hydrogen peroxide

Reply

Greeboz6
February 22, 2023 at 1:25 pm

Thank you, Your articles are always beautifully done & are outstanding teaching guides.
The only thing I would add here, is that you should explain very clearly, at the outset, that the ORDINARY hydrogen peroxide from the drug store shelves, should NEVER be used in nebulizing because of the additives it contains could be harmful. It should appear early in the article when hydrogen peroxide is 1st mentioned to make a clear & memorable impression. The article contains a lot of new information that can be overwhelming & you do not want this important information to get lost. Using bold & colorful type for this explanation at the start should help.

Reply

Margaret
February 28, 2023 at 7:48 pm

Hello, I was wondering if wI could nebulize 3% food grade HP straight without dilution. My brother recovered from pneumonia and Covid a year ago and he does it straight so I started doing it. It slightly burns my throat but I'm just wondering if it's a big problem. I'm willing to do it because it's just easier than making a diluted solution with the saline or filtered water. Thank you!!

Reply

Marsha
March 28, 2023 at 8:01 pm

Dr. Jockers,
I have found that I am prone to bronchitis and other respiratory issues since taking care of my grandchildren. The last bronchitis episode lasted about two months before the chronic cough finally went away! Because of this, I started nebulizing daily as a preventative so that I do not get sick again. I have been using just 3ml saline with 1 drop of 3% food grade hydrogen peroxide, and 1 drop of J. crows lugol's 2% iodine solution. Is this an effective mix? Also, I have since read that you should not nebulize iodine because it has to reach the alveoli and it won't through nebulizing. Is this correct? If you will take the time to answer these questions, I would be so grateful!

Reply

John
June 10, 2023 at 12:31 pm

Hi Dr Jockers I have 4ml saline solution in plastic containers. How many drops of 3% food grade should I add to this I calculated it before and it came to 2 drops is that correct?

Could I add more ?

Also could I add a drop of lugdol 2% to that as well ?

Thanks
John

Reply

Allison
November 5, 2023 at 2:32 pm

I am confused about adding iodine. Do you add a few drops to the 8 ounces of peroxide mix or do you add a few drops to each nebulizer treatment?

Reply

Dr. Jockers
April 16, 2025 at 12:18 pm

Yes add a few drops in each nebulizer treatment the way it is written out in the article.

Reply

Doug Felker
November 8, 2023 at 5:55 pm

This PubMed article stats using Hydrogen Peroxide will harm the lung cilia function. I have used this in my nebulizer for a couple weeks when my son sent me this PubMed article. Tests were done on mice showing damage. What are your thoughts?

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9979836/

Thanks
Doug

Reply

Cleo
October 3, 2024 at 10:44 am

It's quite disappointing the Dr. Jockers never replied to your comment. Especially since he is promoting this. I have to wonder whether he even bothered to read the article in your link.

Reply

Dr. Jockers
April 24, 2025 at 3:37 pm

When the proper dilution (the way I explain in the article) it won't negatively impact the lung cilia.

Reply

Teresa Gebhart
December 3, 2023 at 12:15 pm

Is it safe to use the H202 and saline on infants and toddlers ? What is the minimum age ? Does it help with RSV?

Reply

Dr. Jockers
June 3, 2025 at 11:23 am

Yes you can absolutely use this with infants as long as you use the proper dilution. The biggest challenge is getting (and keeping) the mask on them as they will wiggle around and try to pull it off.

Reply

Tom
December 4, 2023 at 12:41 pm

I would not use Real Salt or other salts with mineral "impurities", these minerals can get into the ultra-fine screens in the nebulizer and plug them up, ruining the nebulizer, I learned the hard way. It really makes no sense at all to make your own saline solution as there are so many important variables, including contaminants in water and salts.

Just purchase medical grade saline solution at the pharmacy or on-line and you will know you are getting the right product for ingesting into your lungs.

Reply

Dr. Jockers
June 3, 2025 at 11:26 am

Thanks for sharing your thoughts on this!

Reply

Tom
December 4, 2023 at 12:46 pm

Be very careful with the 35% food-grade hydrogen peroxide, it will badly burn your skin! Make sure you keep it away from children and in well marked containers. Keeping it in the refrigerator will extend its life but again, must be kept away from people as it should be considered poison at 35% concentration.

Be sure to follow safety protocols when handling, gloves and eye goggles are a must!

Be safe.

Reply

Ann Hall
December 5, 2023 at 12:56 am

I don't suppose Dr. J is still answering questions here, but maybe someone knows.
Is it ok to nebulize H2O2, CS, Glutathione, or anything, if I have Interstitial Lung Disease/Pulmonary Fibrosis secondary to Scleroderma. My lungs are scarred up from too much collagen, so I'm looking for something that might reverse or slow down the progression. Any RTs have an idea about this? Thanks!

Reply

Laurie Powers
February 1, 2025 at 9:08 pm

Dr. Jockers responded to someone else with a similar question above. He said to nebulize glutathione separately from the H2O2 and CS.

Reply

Wendy Sorrick
February 3, 2024 at 11:39 am

I have a lady that I help that has COPD
How and if your products can remove her from other medications she is taking?
Thank you.
Wendy

Reply

Dr. Jockers
July 30, 2024 at 4:10 pm

Unfortunately, we aren't able to give specific medical advice here. I would advise working with a functional health coach!

Reply

lynn
September 4, 2025 at 2:25 pm

I didn't know here to comment to you personally so here goes thank you for the nebulizer information H2O2 has I use to 35% in my well around the house for lots of things thank you thank you I have several xolgenz cats that have upper respiratory issues and they were vaccinated way too young and after they were vaccinated they became sick with the virus cat herpes it comes and goes every two or three months they'll get sick with it eyes nasal lungs I've been using the nebulizer with silver it seems to help as well as I Xylnie. Nut in the nebulizer
I'm going to try the H2O two I've read a lot about hydrogen peroxide so I'm not unfamiliar but this article was fabulous I can't even tell you how impressed I was reading it hopefully this will work on these cats. This disease is ongoing even if they're vaccinated it comes and goes. I'm going to share this article with the rescue because a lot of their cats are suffering from this virus. Thank you thank you and I'm definitely subscribing to yours.

Reply

Stephanie Dotson
February 27, 2024 at 9:05 pm

Thank you for all the info! I am a little confused about how to possibly combine colloidal silver with my peroxide. I have pure 17.5% food grade peroxide and colloidal silver that I make at home. My silver is clear, not yellow or cloudy. I was told to dilute the peroxide

60z purified/distilled water - 1oz peroxide. Or any 6:1 ratio.

But this article says 12% or 3% peroxide and not to use homemade silver. So now I'm not sure how to proceed. Can you help?

Reply

Kathy
March 16, 2024 at 10:24 pm

I nebulized h2O2with colloidal silver... but I didn't use food grade...I have been having tummy issues since... is the non food grade responsible for this? And how soon will it get better? Thank you!

Reply

Laurie Powers
February 1, 2025 at 9:10 pm

It is recommended to only use food grade H2O2. Dr. Jockers told others above that they should recover fine in a fairly short period of time.

Reply

Dr. Jockers
October 1, 2025 at 4:56 pm

Yes this it could be the case. I would be sure to take some gut soothing components such as aloe, glutamine, lefutyn (butyric acid), ginger tea, etc.

Reply

Kristen
August 12, 2024 at 9:44 am

What if you nebulize too much Hydrogen peroxide? I may have put too much without fully reading a page I was sent, and either my sickness made me lose my voice or the else the HP did. I used a whole Tablespoon which was completely my stupidity in one nebulizer. I wasnt thinking at all. I have one of those portable ones so it doesnt hold much water. I just did half some water and half HP. Now my voice is gone - could it be irritation from the HP or just a coincidence that my sickness caused my voice to be gone?

Reply

Rachel
September 17, 2024 at 10:22 pm

How long does the solution last after mixing it? How should it be stored?

Thanks

Reply

Cleo
October 3, 2024 at 10:50 am

That's a very good question, one I'd like to know as well. I wonder if it could penetrate the MAC biofilm.

Reply

Amelia Brock
November 3, 2024 at 4:49 pm

I have used this protocol several times and it helps tremendously, so thank you for the information and details. My daughter is three months pregnant, and we're wondering if it's okay for her to nebulize the food grade hydrogen peroxide as above?

Reply

Barbara
January 16, 2025 at 11:11 pm

Is the food grade hydrogen peroxide protocol safe for my grandkids who are ages 8 and 10 for respiratory illnesses?

Reply

TH
January 22, 2025 at 4:29 pm

I have had asthma for 30 years, as well as a history of mold exposure and now MCAS which has exasperated my asthma. This protocol has been helpful with my current illness, but could this also be helpful in our mold detox protocol? To help treat asthma?

Reply

Cliff Miner
February 2, 2025 at 12:30 pm

I have followed Dr. Levy and Marcola's formula a couple of times and DO NOT recall having to refrigerate the solution for long term storage. Is that necessary or can I store it in a cool dry location?

Reply

don
August 7, 2025 at 3:11 pm

I would like to know also

Reply

Sharrie
February 22, 2025 at 9:04 pm

Hello, you're so good about answering everyone's questions.

I have had a chronic cough for about 20 years. My doctor has been able to figure it out. I had a scope in my throat and breathing lung test. They think it's allergies, but when I take allergies meds, it's doesn't work. It's a productive cough. I can't laugh or yell without coughing. It's so bad that I feel like my lungs are on fire. I breath fine and even had a stress test. They said I did really good for my age (now 61). I'm in very good shape/heavy weights of late, eat a clean Keto diet. Do you think hydrogen peroxide might be the answer. Im so fatiqued with all of the coughing and feeling pretty deflated.

Thank you for your time and thoughts.

Reply

Guido
March 11, 2025 at 8:16 pm

I have a nebulizer that is older, leftover from relatives, which I have never needed to use.
But now I think I may want to. I live west of Phoenix, the home of Valley Fever.
Would the Peroxide solution be effective for that?

Reply

Dr. John
May 6, 2025 at 1:19 pm

Great Article, Thank You!
How many times per day should H2O2 nebulization be done specifically for leaky gut/SIBO?

Also, should nebulizing H2O2 or silver be done far away from each other? I'm wondering because silver is a metal and H2O2 is oxidative, so they may be contraindicated doing them close to each other?

Reply

Zibeline
July 10, 2025 at 1:42 pm

Thanks for your article.
Nebulizing H2O2 helped my pulmonary edema.

Reply

Koty
August 27, 2025 at 9:24 am

Hello, can this be used for infants under 1? Thank you!

Reply

Gene
October 9, 2025 at 5:41 pm

Re nebulizing peroxide and iodine together:
When hydrogen peroxide (H_2O_2) and iodine (I_2) are nebulized, they can react to form various compounds, some of which may be toxic. The primary reaction between H_2O_2 and I_2 in an aqueous solution typically leads to the formation of iodine monochloride (ICl), iodine tribromide (I_3^-), and other iodine species. However, the specific products can vary depending on the conditions, such as pH, concentration, and the presence of other substances.
Potential toxic substances that may be formed include:
1. Iodine Monochloride (ICl): This is a strong oxidizing agent and can be toxic if inhaled or ingested.
2. Iodine Triiodide (I_3^-): This can also be toxic and may cause irritation to the respiratory tract.
3. Hypoiodous Acid (HIO): This is a strong oxidizing agent and can be toxic.
4. Iodine Radicals (I): These are highly reactive and can cause oxidative damage to cells.
5. Free Iodine: Free iodine (I2) can also be formed, which can cause oxidative stress.
The toxicity of these substances depends on various factors, including exposure duration and the concentration, duration of exposure, and individual sensitivity. Inhalation of these compounds can potentially cause respiratory irritation, coughing, and in severe cases, more serious respiratory issues. Prolonged or high-level exposure could lead to more significant health effects.

Reply

HeideMac Donald
December 17, 2025 at 12:11 am

I am a retired wound care nurse, we were always taught to dilute hydrogen peroxide because it is cytotoxic to healthy cells the same as unhealthy cells. The action is immediate and we would dilute with NS (normal saline solution) . This article is great but I am not sure that I would actually put a cytotoxic substance that can not differentiate into my lungs. I use Mullein and Oregano for that.

Reply

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